

# WAIST TO HIP RATIO

**1**

Measure your waist at the smallest point, usually about halfway between the bottom of your rib cage and the top of your hip bone.

**2**

Take your hip measurement at its widest point, usually at about the bend in your thigh and fullest swell of your buttocks.

**3**

Divide your waist measurement by your hip measurement to get your Waist-to-Hip Ratio, as shown in the formula below.



$$\text{Waist-to-Hip Ratio} = \frac{\text{Waist Measurement}}{\text{Hip Measurement}}$$

**Ratio bigger than 0.8 means:**

- “apple-shaped” body type
- **HIGHER** risk for chronic diseases

**A ratio less than or equal to 0.8 means:**

- “pear-shaped” body type
- **LOWER** risk for chronic diseases